Simple Red Pepper Soup

4-6 servings (freeze any left over)

* 1 Large onion (chopped)
* 4 red bell peppers, seeded and chopped
* 1 tsp olive oil
* 1 clove garlic crushed
* 1 small red chilli, seeded and chopped
* 3 tbsp tomato puree
* 1 ½ pints vegetable stock
* Finely grated rind and juice of 1 lime
* Salt and ground black pepper to taste
* Shreds of lime rind to garnish

1. Cook the onion and peppers gently in the oil in a covered pan for about 5 minutes, occasionally shaking the pan until the peppers are softened.
2. Stir in the garlic, chilli and tomato puree. Add half the stock, and then bring to the boil. Cover and simmer for 10 minutes.
3. Cool slightly, then puree in a food processor or blender. Return to the pan and add the remaining stock, the lime rind and juice and salt and pepper to taste.
4. Bring the soup back to the boil and serve at once with a few strands of lime rind scattered in each bowl.